

Casual prices

Adult \$16
Concession* \$13.60
Nifty 50s \$9.50

Cashless discount (10%)

Adult \$14.50
Concession* \$12.25
Nifty 50s \$8.50

*Concession discounts available to all senior citizens, full-time students and health care cardholders (identification card required)

Crèche (Bookings essential 24hrs in advance)

Aquamotion's crèche is a fun, friendly and safe environment where your children will be looked after and cared for by our qualified staff.

Join the aquamation community today

General information

- > Please arrive at least 10 minutes prior to class with a towel and water.
- > Please inform the instructor of any injuries or conditions that may affect your ability to exercise.
- > For your safety, no one shall be allowed entry once the warm up has commenced.
- > Limit of 25 participants for all land based classes. Limit of 17 for our Spin/RPM classes.
- > Class timetables may vary on Public Holidays.



City of
Wanneroo

WANNEROO AQUAMOTION

GROUP FITNESS

TIMETABLE



WANNEROO AQUAMOTION

Civic Drive, Wanneroo
T : 9405 5999
E : wannerooaquamotion@wanneroo.wa.gov.au

Monday to Friday 5.30am-9pm
Weekend & Public Holidays 7.30am-6pm

Creche

Open Monday to Friday, 9am-12noon, for babies aged eight weeks and kids up to nine years-of-age.

wanneroo.wa.gov.au/aquamotion



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Aya	Rebekah	Cherie	Spin Cherie 45 MINS	Total Body Fit Jennie		
8.30am						Carolyn	30/30 BodyPump & BodyCombat Rebecca/Aya
9.00am	Kellie	Rebecca	Kellie	Rebecca	Carolyn	9.30: Carolyn	Spin 9.30 Melody 45 MINS
10.00am	Carolyn	Cherie	Total Body Fit Jennie	Cherie	Kellie	10.30: Carolyn	
11.00am	Mind & Body Carolyn	30/30 Spin & Core Cherie	Pilates Jennie	30/30 BodyPump & Core Cherie	Kellie		

5.30pm	Luisa	Cherie	Rebecca	Rebekah
6.30pm	Carolyn	Aya	Rebecca	Carolyn
7.30pm	Carolyn	Holly	Kellie	Mind & Body Carolyn



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00am		Aqua Fit Karen			Aqua Fit Jaz
9.30am	Aqua Fit Karen		Aqua Fit Melody	Aqua Fit Lisa	
1.00pm	Nifty 50s Karen		Nifty 50s Karen		

AQUA FIT

Did you know you only weigh 20% of your body weight in water? These classes are great if you are recovering from an injury or are looking for a low impact routine. But don't get us wrong, you will still be burning and toning – you just won't feel it in your joints.

NIFTY 50s

A gentle, low impact aqua class targeted specifically for the mature adult. All about fun and socialising with the added bonus of exercise.



Great bodies aren't born; they are transformed. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.



Workout to the rhythm of powerful music. Take on the terrain with your inspiring team coach and discover your athlete within. Sweat and burn to reach your endorphin high.



A fiercely energetic program inspired by mixed martial arts. During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.



The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. A holistic workout that brings the body into a state of harmony and balance.



An energizing step workout that makes you feel liberated and alive. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone.



Hard hitting drills with cardio and boxing combinations guaranteed to improve cardio fitness, speed, power and strength.

PILATES

The original PILATES workout, focussing on body alignment, breath and awareness. Exercises increase strength, flexibility, balance and most importantly improve core strength and function.

30/30 SPIN & CORE

A 30 minute intense cardio blast on our spin bikes and 30 minutes of targeted core strength and stabilisation. A fabulous, functional workout of course! Suitable for participants of all fitness levels.

30/30 BODYPUMP & CORE

This class combines 30min of the proven resistance workout with 30min of targeted core strength and stabilisation exercises. Low weight loads, high reps and functional exercises all in one class.

TOTAL BODY FIT

This total body workout will get your heart pumping, muscles toning, fat burning and your fitness peaking. If you like variety then this class is for you. Skip, box, jump, step, pump, run, flex and stretch.

SPIN

Jump on one of our Keiser M3+ spin bikes and start peddling! An intense cardio workout that caters to all fitness levels. Our instructors will lead you through a series of stages to maximize your caloric burn.

MIND & BODY

Explore the mind/body relationship through low impact moves, yoga postures and breathing techniques. Take time out from the stress and strains of daily life and leave feeling long, strong, centred and calm.